

FOODS WE EAT WORKSHEET

CLASS 3 EVS CHAPTER 6

Name the following

1. A food item that is prepared using rice.
2. Name a food prepared using Wheat.
3. Name two key ingredients used to make kheer.
4. Name the most famous sweet of West Bengal & Odisha.
5. What is your favourite dish?

True or false

1. We can easily survive without food.
2. For healthy living, we need a balanced diet.
3. Idli is made up of wheat and bajra.
4. Chapati is made up of wheat.
5. Vegetarians eat both meat and vegetables.

Fill in the blanks

1. _____ and _____ were served in the langar.
2. Omelette is a fried _____
3. Food is one of our basic _____ .
4. Honey is made from the _____ of flowers.
5. We make ghee, butter, & curd from _____ .

Give two examples of each

1. Unhealthy food
2. The food we get from plant
3. The food we get from animals
4. The food we eat for our breakfast
5. The food you eat regularly during the lunch